

# Schweinhaut Senior Center at Forest Glen



## Happenings

*Wishing you a... Sweet September 2013*



### Special September Highlights

- ❖ **Weeble, Wobble, but Don't Fall Down.** Join Krista Frederic on **Wednesday, September 11 at 10:30** for a discussion on balance, hearing, vision screening, and other safety devices that can help protect you from a fall. (see page 2)
- ❖ On **Monday, September 16th at 1:00**, Steve Freedman debuts in our Garden Room with **The History of Broadway - In Words and Music**, with the music from Tin Pan Alley to Broadway – 1927 thru 1939. Mr. Freedman brings a wealth of musical knowledge that will entertain and delight you. Presented with the support of the Himmelfarb Mobile University. **Free, Pre-Registration required.** (See page 3)
- ❖ Back by popular demand, **Jesse Palidofsky the One Man Band** performs on **Monday, September 23 at 1:00**. Jesse will be playing music from Ellington to Motown, from Nat King Cole and beyond! His soulful vocals, guitar, and harmonica arrangements will get your heart singing and your soul swinging! (See page 3)

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1000 Forest Glen Road, Silver Spring MD 20901, 240-777-8085  
[www.Montgomerycountymd.gov/senior](http://www.Montgomerycountymd.gov/senior)

Center Hours: Monday - Thursday: 8:15am to 4:00pm, Saturday: 9:00am to 3:00pm  
The Schweinhaut Center is closed every Friday  
The Center will be closed Monday, September 2 to observe Labor Day.



# Potpourri of Programs

An Eclectic Array of Mind-Expanding Experiences for your Enjoyment -  
Featuring Lifestyles, Music, Film, Literature, Safety, Health, and more!



## Movies

*Each month we show an exciting selection of movies, for free!*

### Chicago

**Monday, September 9 - 1:00 – 3:00 p.m.**

A 2002 musical film adapted from the satirical stage musical of the same name, Chicago is a film that explores the themes of celebrity, scandal and corruption in the Jazz Age of Chicago. Starring Catherine Zeta-Jones, Renee Zellweger, Richard Gere, and Queen Latifah.

### The Phantom of the Opera

**Monday, September 30 - 1:00 – 3:00 p.m.**

A 2004 british film adaptation of Andrew Lloyd Webber's 1986 musical of the same name, telling the story of a disfigured musical genius who terrorizes the opera company for the benefit of a young protégée whom he trains and loves. Starring Gerard Butler, Emmy Rossum, and Patrick Wilson.

*Popcorn and goodies for sale in the Center Lobby*



## Wellness

*HeartWell programs provide health counseling so you can better know your numbers.*

### HeartWell In Action - Wellness Wednesdays

**Wednesday - 10:00 – 2:00 p.m.**

Join our HeartWell Nurse, Leni Barry, and learn about the importance of maintaining a healthy blood pressure and strategies you can practice daily through diet, physical activity, and stress management to manage blood pressure and reduce your risk for heart attacks and strokes. **Sponsored by Suburban Hospital.**

### September Health Topic: Shake the Salt Habit

**Wednesday, September 4 - 10:30 – 11:30 a.m.**

Too much of any one thing can never be good for you. Join the Suburban Hospital HeartWell Nurse, who will be discussing the effects of salt on our heart and health. Learn strategies to limit salt in our diet and alternatives to enhance the flavor of our food when cooking. **Sponsored by Suburban Hospital.**

### Fall Prevention: Weeble, Wobble, but don't fall down

**Wednesday, September 11 - 10:30 – 11:30 a.m.**

Join Krista Frederic for a discussion on balance, hearing, vision screening, pharmaceuticals, and other safety devices that are related to fall prevention and can help protect you.

### Do You Hear What I Hear?

**Wednesday, September 18 - 10:30 – 12:00 noon**

The Metropolitan Washington Ear Inc., a non-profit organization, provides reading and information services for the blind, visually impaired, and physically disabled who cannot effectively read print, see plays, watch TV, or view museum exhibits.



# Music

*Enjoy musical shows that you'll love to listen, dance, and tap your toes to!*

## **History of Broadway - In Words and Music**

**Monday, September 16 - 1:00 – 2:00 p.m.**

Steve Freedman debuts in our Garden Room with the music from Tin Pan Alley to Broadway – 1927 thru 1939. Mr. Freedman brings a wealth of musical history that will delight you. Presented with the support of the Himmelfarb Mobile University. **Free. Pre-registration required.**

## **Jesse Palidofsky: One Man Band**

**Monday, September 23 - 1:00 – 2:00 p.m.**

Back by popular demand, throngs of Schweinhaut participants yell for more fabulous entertainment by Jesse Palidofsky. From Ellington to Motown, from Nat King Cole and beyond, Jesse is a one man band; his soulful vocals, guitar, and harmonica arrangements will get your heart singing, and your soul swinging!

## **... And More!**

*Not enough stuff? We feature a wide range of upcoming events to keep you busy and engaged!*

## **Origami Is Back!**

**Monday, September 9 & Monday September 16 - 1:15 – 2:30 p.m.**

This Month's 2-session class will feature how-to's on crafting works with up to 30 separate pieces! Join the Origami Artisan Trio - Jo Ann, Ban, and Lois to learn how to create delightful designs through the Japanese art of folding paper into decorative forms. Also, if you get the chance, take a look at the lovely origami shown in the display case in the Center Lobby.

## **Here Comes the Judge: Presented by Judge Avi Weisberger**

**Monday, September 16 - 10:30 – 11:30 a.m.**

Interested in the role of the judge in the litigation process? The focus is on the legal principles that guide the judge's actions, and will be illustrated by personal anecdote. Topics for discussion include pre-trial conferences, ethical issues, and more, as well as any other matters of interest to the audience. A fascinating presentation!

## **Brush Up on Your Shakespeare**

**Tuesday, September 17 - 1:00 – 3:00 p.m.**

Brush Up on Your Shakespeare returns this month with the fall theme of "Disguise and deception in the comedy of histories." This month will feature the movie "A Midsummer Night's Dream", beginning this season's Shakespeare plays. Facilitated by Carol Sokolski.

## **Book Discussion**

**Thursday, September 19 - 9:45 – 11:00 a.m.**

This month's discussion is about "Mother Courage and her Children", a play by Bertolt Brecht. The play is a classic in the repertory of Western theatre. Written in response to the outbreak of World War II, this story follows the enduring character Courage, as she trails the army across Europe selling provisions from her canteen wagon. Being part of the war comes at a high price, however, as Courage loses one of her children to the raging war. Lead by Percy McKay. Facilitated by Brenda Rosa.

# **Work-Out!**

The Schweinhaut Center provides a variety of fun exercise classes that will keep you moving.

Activity	Time	Description	Contact	Fee
<b>Senior Fit -</b> Sponsored by Holy Cross Hospital and Kaiser Permanente.	Mon/Wed at 8:30 & 9:30, Tues/Thurs at 9:00, Sat at 9:30	An exercise class designed especially for seniors, focusing on increasing strength and muscle endurance, while improving balance and flexibility.	<b>301-754-7895</b> Call to request a Physician's Consent Form.	Free!
<b>Better Bones -</b> Sponsored by Holy Cross Hospital	Mon/Thurs at 2:00	This Course focuses on reducing the rate of bone loss and improving balance and flexibility, enhancing well being.	<b>301-754-7895</b> Call to request a Physician's Consent Form.	Free!
<b>Line Dancing</b>	Mon at 10:30 Sat at 10:30	Join Myung Anderson (Mon) and Jo Ann Eng (Sat) for fun dancing that will keep you moving!	<b>Drop In</b>	Free!
<b>Tai Chi Chuan</b>	Thurs at 10:00	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	<b>Drop In</b>	Free!
<b>Chair Yoga -</b>  In partnership with Holy Cross Hospital	Thurs at 10:30	Next Session starts <b>September 1st</b> . A gentle form of yoga practiced sitting in a chair.	<b>301-754-8800</b> Call to register	\$30 for 6 sessions
<b>Qi Gong</b>	Sat at Noon	Qi Gong aims to relax your body, calm your mind, and refresh your heart with easy to learn exercises.	<b>Drop In</b>	Free!
<b>Weight Training</b> Sponsored by Suburban Hospital	Tues at 10:00	Next Session Begins <b>October 1st</b> . Designed to increase muscular strength, endurance, range of motion and balance. <b>Bring a mat and hand-held weights.</b>	<b>301-896-3939</b> Call to register or for more info	\$30 Fee
<b>Ballroom Dance:</b> Free Dance Lessons	Wed at Noon	Bill Goldberg and Ellen Moran provide free dance lessons.	<b>Drop In</b>	Free!
<b>Ballroom Dance:</b> Let's Dance!	Wed at 1:00	Join Bill Goldberg and Ellen Moran for some fun dancing!	<b>Drop In</b>	Free!
<b>Ball Exercise</b> Sponsored by Suburban Hospital	Tues at 11:00	Next Session Begins <b>October 1st</b> . Exercise on a stability ball, engaging core muscles and building balance.	<b>301-896-3939</b> Call to register	\$30 Fee

# Expand Your Horizons

Challenge your mind with our large assortment of fun and social daily activities



## Art

*Join us to express your creativity in a variety of different ways.*

Activity	Time	Description
Ceramics	Tues and Thurs at 9:30	A creative class where bisque and greenware become art! You can purchase dishes, or bring your own. <b>Fee: \$20 per month.</b>
Fun With Creative Art	Wed at 10:00	Explore your own creativity as you enhance your skills with this hands-on class. Discover how to create your own beautiful work!
Porcelain Painter's Guild	Sat at 10:00	Meeting on the second Saturday of each month, the Porcelain Painter's Guild gets together to paint porcelain!
Woodcarving	Tues at 11:00	Come in and transform simple pieces of wood into beautiful shapes.
Origami	Mon at 1:15	Create delightful designs through the Japanese art of paperfolding! Class will be held twice this month on the second and third Mondays.



## Games

*plenty of social games are played here regularly, be sure to come and join the fun!*

Activity	Time	Description
BINGO!	Mon at 10:30	Win prizes, and have fun! <b>\$1 for 2 Bingo cards.</b>
Open Wii	Sat at 9:30	Play some virtual sports! Wii Bowling league plays Wednesdays at 1:00.
Duplicate Bridge	Tues and Thurs at 12:30	Play in an ACBL sanctioned game open to all seniors. Please bring a partner and work together to win!
Party Bridge	Sat at 11:30	Play a number of hands and rotate! The highest score will be posted!
Game Day	Tues at 10:00	<b>NEW!</b> Get Your Game On! Play a handful of board games with friends.
Pool Room & Pool League	Center Open Hours	Come on in and shoot some pool! We also have 8-ball pool leagues that are shooting on Tuesdays and Thursdays.



## Interests

*Get together with friends. sit back and further explore your interests.*

Activity	Time	Description
Antiques & Collectibles	Mon at 10:00	2nd and 4th Mondays of each month. This month's discussions will focus on celebrity & character collectibles, and iron & brass objects.
Italian Club	Wed at 10:00	A wonderful group of piasanos share their Italian culture.
Italian Language	Wed at 1:00	Learn about the spoken Italian language as you explore its beautiful culture. <b>Note: Participants must have a working knowledge of Italian.</b>
Encore Choral	Mon at 10:00	For more info call 301-261-5747 or visit <a href="http://www.EncoreCreativity.org">www.EncoreCreativity.org</a>
RSVP Yarners	Wed at 1:00	Come create a favorite project. Get ideas and meet creative people.
Quilting & Sewing	Mon at 1:00	If you enjoy quilting and/or sewing, be sure to join this fun-loving group.
Writer's Workshop	Tues at 10:15	Do you enjoy expressing yourself through writing? Listening to authors read their prose? Then be sure to join the Writer's Workshop.
Book Discussion	Thurs at 9:45	3rd Thursday of each month. September features the play, "Mother Courage and her Children". See page 3 for more information.
Brush up on Shakespeare	Tues at 1:00	Meeting on Tuesday, September 17th this month. See page 3 for more information. Facilitated by Carol Sokolski.

# Special Schweinhaut Services

The Center features a number of services that are designed with your needs in mind



## Nutrition Program

**Socialize, Mix n' Mingle, and enjoy a healthy and appetizing meal.**

**Monday through Thursday, 12:00 noon. The full cost of the meal is \$5.49.**

For persons age 60 or older, or a spouse of any age, a voluntary contribution is requested. Guests (including caretakers) under age 60 must pay full cost. Please make or cancel your reservations for the bus and/or lunch at Schweinhaut Senior Center- Monday - Thursday, by Noon a day in advance. **Call 240-777-8085 and ask for Nutrition Site Manager, Barrington Malcolm.**

What Are You Doing For Lunch?

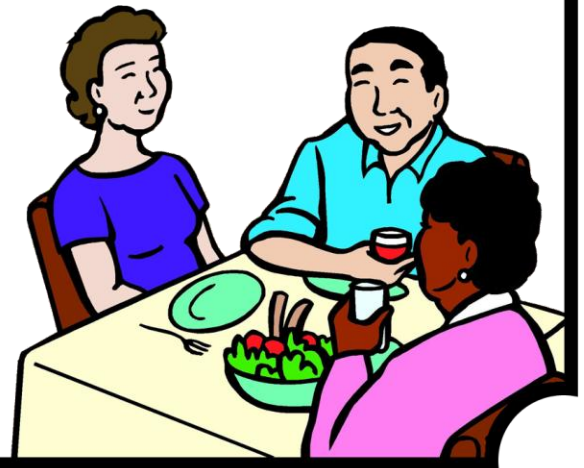
## Introducing the "New" Lunch Program

- ❖ Daily Choice of a hot or cold meal!
- ❖ Monthly Baked Potato Bar!
- ❖ Monthly Sub Bar!
- ❖ Special Holiday Menus!

**For more information, see the lunch manager, or call  
240-777-3810**



Department of Health & Human Services  
Aging & Disability Services



## Services

### Transportation - Monday, Tuesday and Thursday

A Ride-On bus to the Center is available in the neighborhood. For more information, please call 240-777-8085 and ask for the Nutrition Site Manager, Barrington Malcolm.

### Blood Pressure Screening - 1st & 3rd Tuesdays of each month, 12:30 - 1:30 p.m.

Sponsored by Holy Cross Hospital. The Center offers **free** screenings each month by a qualified nurse.

### Fun Facilities - When the Center is open

We've got our Pool Room, Work-Out Room, and Network Niche (computers) available for all to come and use. Join a game of pool, use a computer, get some exercise!

### Senior Services in Montgomery County - 2nd Tuesdays, 10:30 - 11:30a.m.

Call Anita Joseph at 240-777-3000 to make an appointment for information about senior services, assists in obtaining services and benefits, and education about offerings available to seniors.

### Mobile Post Office - Wednesday, 11:00 - 12:30

Come outside to purchase stamps, ship a package, and more... A hassle-free service!



# Montgomery County & Montgomery College Partner to Create

Bringing enlightening classes here at the Schweinhaut Center



## **Just Enough Spanish - Tuesdays, 10:30am - 12:30pm, 10/15/13 - 12/10/13**

This is a beginning course for anyone who has no experience with Spanish and wants a quick introduction. Join Gustavo Levy and learn pronunciation, basic grammar in the present tense and vocabulary- just enough to get you started in everyday conversational exchanges.

**Fee for Seniors: \$76**

## **Just Enough Spanish – Part 2 - Tuesdays, 1:30pm - 3:30pm - 10/15/13 - 12/10/13**

Following 'Just Enough Spanish', You will continue to practice the sound system, learn basic vocabulary and grammar in the present tense- just enough to help you in everyday conversations.

**Fee for Seniors: \$76**

Register at [www.montgomerycollege.edu/wdce/ce/lifelonglearning.html](http://www.montgomerycollege.edu/wdce/ce/lifelonglearning.html) or by calling 240-567-5515

## Community Organization Meetings At The Center

Meeting	Date/Time
South 4-Corners	Monday, September 9, 7:00 – 9:00 p.m.
Stroke Club Meeting	Tuesday, September 10, 1:30 – 3:30 p.m.
Chic Red Hatters of Merry Land	Wednesday, September 18, 2:15 – 3:45 p.m.
Stamp Club	Tuesday, September 24, 7:30 – 8:30 p.m.
Trout Club	Wednesday, September 18, 6:30 – 9:30 p.m.
Deaf Seniors of Maryland	Thursday, September 19, 10:30 – 3:30 p.m.
Montgomery County Senior Services	Tuesday, September 10, 10:30 – 11:30 a.m.
Wheaton NARFE	Thursday, September 12, 1:00 – 3:00 p.m.
REIMW	Wednesday, September 25, 7:00 – 10:00 p.m.
Military History & Veterans Discussion Group	Tuesday, September 3, 1:00 – 3:00 p.m.
Coin Club	Tuesday, September 10, 7:00 – 9:00 p.m.



## **Need Assistance?**

### **Coping With Change - Tuesdays, 1:00 - 2:00 p.m.**

A discussion group on dealing with life changes and positively coping with them. Facilitated by Jamie Lomason.

### **Maximizing You! - Thursdays, 11:00 - 12:00 noon**

Do something for yourself. Join this enlightening discussion group to discuss issues on aging. Learn to live better, be nicer to yourself, and take care of yourself. Facilitated by Edie Mahlmann, LCSW.

### **Widowed Persons Support Group - Mondays, 1:00 - 2:00 p.m.**

Co-sponsored by the AARP Widowed Persons Service. This group provides support and understanding for people who have lost a spouse during the last two years. To register, call 301-949-7398.

# Coming in October 2013



## Mark Your calendar for the following programs...

### Vision Matters: Eye Grand Rounds

A Two part program - Experts from Johns Hopkins School of Medicine & National Eye Institute Present...

**Eyeball Engineering - A Tour of the Eye**

**Wednesday October 16, 1:00 p.m.**

**Demystifying Myth from Fact -**

**Wednesday October 30, 1:00 p.m.**

**How changes in sight can impact cognition, balance, and potential falls.**

Both programs are free. Call to register or sign up at the reception desk. Space Limited. Glaucoma and visual acuity tests available, October 16 and 30 from 9:30 a.m. to noon. Call 240-777-8085 to schedule an app.

Sponsored by The Beacon Newspapers and The Prevention of Blindness Society

### Activities To Go: My Fair London

**October 2 at 1:00 pm**

Enjoy a unique look at London through the eyes of the Royal Family, an "Average Bloke", and an American tourist. Take in palaces and pubs, the towers and the tube, and find out what Queen Elizabeth carries in that purse she's always holding! Free.

### Yard Sale: Treasure's 'n' Trinkets Sale

**October 26 at 10:30 am**

Come join us on October 26 - Mugs, toys, lamps, paintings, jewelry, knick-knacks, books, jars of all sorts, and so much more! Someone else's "junque" could be your fabulous treasure.

### Dick Kaufman, vocalist, accompanied by Charles Barnett on the piano

**October 28 at 10:30 am**

Cabaret comes to the center as Dick Kaufman and Charlie Barnett grace our Garden Room. You're in for a real treat! Listen to a wonderful selection of musical standards, show tunes, jazz, and much more. Free.

### A Note from the Director...

September sees the kids return to school, the older kids go off to college and we begin to set our goals for the months ahead. The Schweinhaut Senior Center will help you set your goals and create a happier and more energized you. Choose to partake in Senior Fit and you'll soon see your strength increase and your balance and flexibility improve. Join the Line Dance group and have fun and keep moving. Participate in a Tai Chi class – an exercise that emphasizes relaxation, balance and coordination.

We hope you will choose one of the many offerings we have and look to the future with a renewed spirit.

Smiles,  
Helen



### Community Partnerships Make Wonderful Things Happen!

#### Schweinhaut Senior Center at Forest Glen thanks the following organizations...

The Villages at Rockville, Beacon Newspapers, Woodmoor Pastry Shop, U.S. Postal Service, Holy Cross Hospital, Kaiser Permanente, Five Star Premier Residences of Chevy Chase, Suburban Hospital, AARP, and Washington Adventist Hospital

Our Center is continuously seeking new partners to provide more enriching programs and services for our community.